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IT'S TIME FOR MORE TALK OF A BREAKUP FOR THE SMITHS. PAGE 14

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Another black eye for Philly

hitchBOT. After a beloved robot was destroyed in Philly, techies are trying to find ways to rebuild or replace hitchBOT, while locals seek the man who may have torn it apart. PAGE 02

hitchBOT at Niagara Falls on July 1 before it entered the U.S. to continue its international travels. / COURTESY OF HITCHBOT

Fired gay teacher petitions Archdiocese

PAGE 04

Is time off from work the secret to happiness?

PAGE 20

Davis says Kelly gets along well with players

PAGE 23

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1 NEWS

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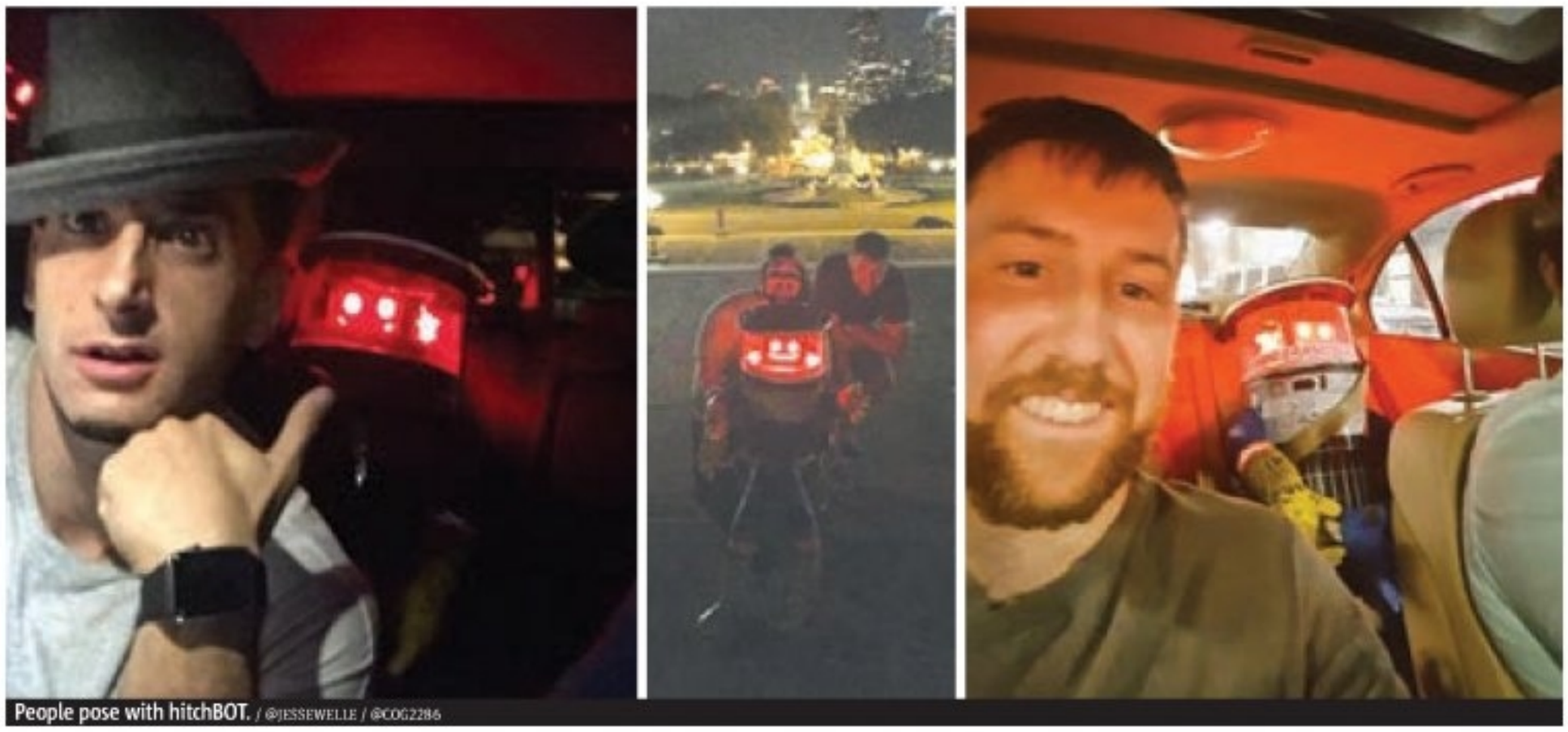

People pose with hitchBOT. / @JESSEWELLE / @COG2286

Will hitchBOT rise again?

Killadelphia. The creators of the traveling robot say they may rebuild after an outpouring of support.

On hitchBOT's "bucket list" for his trip across the U.S. were visits to Mount Rushmore and the Grand Canyon.

But he never got to achieve any of those goals after he was ripped to pieces in the City of Brotherly Love, which is also known by another moniker: "Killadelphia."

Now, the creators of hitchBOT have reportedly begun to consider rebuilding the robot after an outpouring of support that includes Philly-area roboticists and a Kickstarter launched by Philadelphians.

The Toronto-based scientists behind hitchBOT said Monday that they have been "overwhelmed with support and offers to revive the robot," the AP reported.

Frauke Zeller and David Smith, the co-creators of hitchBOT and teachers at Ryerson University, were not available Monday to comment.

"We have no interest in pressing charges or finding the people who vandalized hitchBOT; we wish to remember the good times, and we encourage hitchBOT's friends and fans to do the same," the hitchBOT family said in a statement online.

Quoted

"We feel it's the least we can do to let everyone, especially the robot community, know that Philly isn't so bad."

Georgia Guthrie

HitchBOT's creators said they would reveal more information on Wednesday.

Georgia Guthrie, director of the Hacktory, called on local techies to meet up this Thursday evening for a project night to begin plans to either help the hitchBOT creators or to build their own "hitchBOT2."

"We feel it's the least we can do to let everyone, especially the robot community, know that Philly isn't so bad," Guthrie said in a post on thehacktory.org.

Meanwhile, the "Philadelphia Rebuilds hitchBOT" Kickstarter crowdfunding campaign had raised about $1,700 as of Monday afternoon, more than the $1,200 goal. Creator Nick Green said he and his "tech-savvy friends" would use the funds to rebuild hitchBOT.

For now, rumors abound that hitchBOT, which is still missing, may have been picked up by a Providence, Rhode Island-based fan, who intended to ship hitchBOT back to Toronto.

HitchBOT was brought to Philly early Saturday morning.

"It's a shame that it was destroyed, especially when so many people took interest in it, and the team from Canada poured such time and effort into it, but we can't pin what happened on the city of Philadelphia," said Colin O'Gallagher, who drove hitchBOT to Philly.

HitchBOT was picked up from O'Gallagher by local vloggers Jesse Wellens and Ed Bassmaster, who left it in Old City on a bench near Elfreths Alley for it to hitch its next ride, they told 6ABC. Wellens did not respond to requests for comment.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

A surveillance video shows hitchBOT's demise. / JESSE WELLENS

Survey. Even before hitchBOT, Philly is third-worst city in US

In what may be the most significant clue toward solving the mystery of the hitchBOT, vlogger Jesse Wellens posted to his Snapchat what he says is surveillance video of the destruction of the robot.

The unknown assailant is seen wearing a jersey of former Eagles QB Randall Cunningham.

The destruction of the happy-go-lucky robot by an apparent Eagles fan did not factor into a recent survey that concluded Philly still sucks, but not as much as Memphis or Detroit.

That's the verdict of a survey by website Wallethub.com, which ranked the 62 largest cities in the U.S. according to which are the best and worst places to live and found Philly to be the third worst.

If you aren't familiar with Wallethub, they're known for ranking cities by metrics like crime, schools, how easy it is to drive there and how healthy the citizens are. The livability index constitutes a kind of ranking of rankings.

To boot: Philadelphia is the third-worst place to be a driver, the 10th worst for taxes, and it ranks 36 out of 62 in taxes. The schools are kind of crappy, but then again, water is wet.

DAN KELLEY

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Embattled Rep. Fattah says he is 'provably innocent'

U.S. Rep. Chaka Fattah told a radio host Monday that he is "provably innocent" and that he will not resign amid corruption allegations.

Fattah did not respond to any specific allegations contained in the federal indictment against him in a 10-minute interview with WURD host Solomon Jones, calling the charges mere accusations.

Fattah / FILE PHOTO

"Just because someone says something doesn't make it so," Fattah said.

Fattah allegedly accepted bribes in exchange for helping a campaign donor obtain an ambassadorship, enriched himself and others with federal grants and violated campaign finance laws, federal prosecutors say.

Fattah said he will stay in Congress.

"I've been elected to serve out my term, and I'm going to do that, and I'm going to run for re-election," Fattah said.

DAN KELLEY

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Margie Winters, joined by students and supporters, delivers petitions to the archdiocese. / CHARLES MOSTOLLER

Gay teacher petitions for rehiring

Catholicism. A teacher and her supporters brought 23,000 signatures to the Archdiocese of Philadelphia.

A Catholic school educator and her supporters delivered 23,000 petitions to rehire her at the school that let her go in June after learning she was in a same-sex marriage.

"We ask for full inclusion at the table and in the church," said Margie Winters, the former director of religious education at Waldron Mercy Academy in Merion. "We ask now for a moratorium on firing any LGBT employee until there can be a conversation about this with the voices of the LGBT community at the table."

The Archdiocese of Philadelphia responded that they have no influence over the decision.

"The basis of the petition itself is problematic," said spokesman Ken Gavin in a statement. "Waldron Mercy is a private Catholic school and does not fall under the administrative purview of the Archdiocese of Philadelphia. … That being said, Archbishop Chaput continues to fully support the decision made by the leadership of Waldron Mercy."

But Winters claims she was only fired after the archdiocese became aware she was in a gay marriage.

"The school and the sisters of Mercy had me in this position for eight years, and it wasn't until the diocese was notified that something changed," she said.

Winters also said the school knew about her sexual orientation when she was first hired.

"I think Margie Winters represents the essence of Catholicism, more so than the Catholic church at this point," said Amy Kothari of Ardmore, a supporter and mother of a Waldron student, who cited Winters' outreach work with the poor and disadvantaged. Winters was a volunteer at the Catholic Worker Free Clinic in Kensington.

Another supporter called the firing of Winters "a gross injustice."

"What happens when you're a gay child in that school? What's the message now if you're a gay child in that school? Sit down and shut up," said Kathleen Gibbons Schuck, 59, of Blue Bell.

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Pope-fever? Papal pass lotto entries lower than expected

Maybe a bajillion people won't be showing up.

SEPTA says the number of people who entered a lottery for tickets to ride the Regional Rail lines during the papal visit was lower than expected.

By 10 a.m. Monday, SEPTA said 16,500 people requested 140,000 tickets through the online lottery, well short of the 350,000 tickets available.

By 5 p.m., about 27,400 people had requested tickets, though SEPTA spokeswoman Jerri Williams didn't say how many tickets were requested.

In July, a deluge of visitors trying to buy tickets to ride Regional Rail lines during the papal visit — 54,000 in the first minute — crashed SEPTA's e-commerce site.

SEPTA instituted the lottery system in hopes that it would even out

Pope Francis / WIKIMEDIA COMMONS

web traffic. Theoretically, because everyone has an equal chance of winning the train ticket lottery, it wouldn't create the mad crush of a first-come, first-served model.

Williams said that it appears many people who entered the lottery had a good chance of receiving a ticket, though she anticipated that tickets will sell out for some stations. **DAN KELLEY**

You can never be too young or too cool

Melissa Hogan takes a photo of Steve Sweeney and daughter Makayla cooling off in the fountains Monday at Dilworth Park in Center City. Temperatures hovered in the 90s Monday and are forecast to be 92 on Tuesday, 89 Wednesday, and dip to 85 Thursday and 79 on Friday. / CHARLES MOSTOLLER, METRO

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President Obama issues challenge on climate change

Clean Power Plan. The regulations face certain legal challenges from states and industries.

President Obama /GETTY IMAGES

President Barack Obama challenged America and the world to step up efforts to fight global warming on Monday at the formal unveiling of his administration's controversial, ramped-up plan to cut carbon emissions from U.S. power plants.

Declaring climate change the greatest threat facing the world, Obama said the regulation requiring the power sector to cut its emissions by 32 percent from 2005 levels by 2030 would reduce Americans' energy bills and improve the health of vulnerable populations nationwide.

Quoted

"We only get one home. We only get one planet. There's no plan B." Obama

The plan, which also mandates a shift to renewable energy from coal-fired electricity, is meant to put the United States in a strong position at international talks in Paris later this year on reaching a deal to curb global warming.

Obama is enacting the plan by executive order, bypassing Congress, which rejected legislative attempts to reduce pollution from carbon dioxide, a common greenhouse gas blamed by scientists for heating the earth.

The Clean Power Plan is intended to be a key part of the president's legacy on global warming, which he pledged to fight as a candidate for the White House in 2008.

"We're the first generation to feel the impact of climate change. We're the last generation that can do something about it," Obama told a sympathetic audience at the White House. REUTERS

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SABRINA CORGATELLI / FACEBOOK

The new hunter the Internet loves to hate

Backlash. The news comes in the wake of the controversial death of Cecil the lion at the hands of a US dentist.

Quoted

"Everybody just thinks we're cold-hearted killers, and it's not that. There is a connection with the animal, and just because we hunt them doesn't mean we don't have a respect for them. Giraffes are very dangerous animals. They could hurt you seriously very quickly." Sabrina Corgatelli told the "Today" show

A female hunter from Idaho is the center of the Internet's collective hate for posting photos of her posing with animals she reportedly legally hunted in Africa.

Sabrina Corgatelli posted photos on Facebook of her posing with a dead giraffe, impala and wildebeest, all of which quickly garnered hateful comments.

"To me, it's not just killing an animal — it's the hunt," Corgatelli told the "Today" show.

The news comes in the wake of controversy surrounding the death of Cecil the lion at the hands of an American dentist. Internet backlash eventually led to the dentist closing his practice and disappearing.

Corgatelli claims that her hunting was completely legal.

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Censorship debate. India orders clampdown on Internet porn sites

India has blocked hundreds of adult websites to prevent pornography becoming a social nuisance, a government official said on Monday, sparking a debate about censorship and freedom in the world's largest democracy.

In India's first big crackdown on Internet porn, service providers have been directed to block 857 websites, N.N. Kaul, a spokesman at the Department of Telecommunications, told Reuters.

"Free and open access to porn websites has been brought under check," Kaul said.

The government, in a 17-page order issued on July 31 and leaked to freedom of speech activists on Monday, listed offending sites and directed service providers to block access on the grounds of morality and decency.

Last month, the Supreme Court refused to impose an outright ban after hearing a petition that said Internet porn fueled sex crime. The court said individuals should be free to access such websites in private.

But the court asked the Home Ministry to submit its views, and the government acted after the ministry sent a letter to the telecom secretary, Kaul said.

Over the weekend, several sites became inaccessible and displayed messages that they were blocked on instructions of the competent authority. The hash tag #Pornban became a trend on Twitter.

"Porn ban is anti-freedom, impractical, not enforceable. Politically not very smart too. Avoidable. Let's not manage people's private lives" best-selling novelist Chetan Bhagat posted on Twitter.

India has the second-largest number of Internet users after China. Social media and smartphone use is growing rapidly. REUTERS

Over the weekend, several sites became inaccessible. / GETTY IMAGES

High demand

5th

Demand for porn, however, seems strong. Pornhub, an adult entertainment website included in the ban, last year said India ranked fifth for daily visitors.

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Five things you

1 Search intensifies for suspected killer of Memphis police officer

The hunt for a man suspected of fatally shooting a policeman in Memphis intensified on Monday with law enforcement intent on capturing one of the most wanted men in Tennessee.

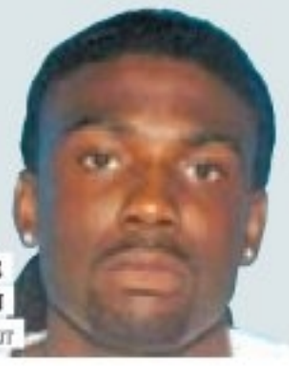
Tremaine Wilbourn is suspected of shooting Officer Sean Bolton, 33, multiple times during a scuffle after the officer pulled up to a parked car and apparently interrupted a drug deal, Memphis police said.

"We are exhausting all available resources," said police spokesman Louis Brownlee. He said the U.S. Marshall's Service has offered a $10,000 reward and Mayor A C Wharton has asked the Memphis City Council to match it.

The Tennessee Bureau of Investigation placed the suspect on its Top Ten Most Wanted Fugitives list on Monday, saying, "Wilbourn should be considered armed and dangerous."

Police said Wilbourn, 29, was on supervised release from prison, where he had been serving a 10-year sentence for bank robbery.

Bolton, a former Marine, became the third Memphis police officer to be shot and killed in the past four years. REUTERS



TREMAINE WILBOURN
POLICE HANDOUT

2 Jury keeps death penalty as option for Colorado movie gunman

James Holmes, the Colorado movie massacre gunman, could face the death penalty after jurors found on Monday that aggravating factors including the cruel nature of his crimes counted for more than mitigating ones such as mental illness.

The panel of nine women and three men will now hear from victims of the July 2012 rampage at a midnight screening of the Batman film "The Dark Knight Rises." They will then deliberate on whether the 27-year-old shooter should be executed by lethal injection. REUTERS

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need to know

Okla. brothers plead not guilty to killing five family members

Two Oklahoma brothers accused of murdering their parents and three siblings pleaded not guilty on Monday in a Tulsa County court.

Robert Bever, 18, and Michael Bever, 16, were charged as adults, each with five counts of first-degree murder and assault and battery with intent to kill.

The brothers are suspected of killing their parents, David and April Bever, two brothers and a sister with various weapons, including a hatchet, on July 22 in their Broken Arrow home. REUTERS

California water officials seek penalties in Santa Barbara oil spill

California water quality regulators have asked Attorney General Kamala Harris to consider enforcement action against the owner of an oil pipeline that ruptured near Santa Barbara in May, spilling petroleum onto beaches and into the Pacific Ocean.

The Central Coast Regional Water Quality Control Board said Monday that it had referred the incident near Refugio State Beach to the state's top prosecutor, who under the law could seek penalties of up to $25,000 per day of violation, plus $25 for every gallon of oil spilled. REUTERS

German carmakers buy Nokia maps to fend off digital rivals

German carmakers BMW, Audi and Mercedes will pay around $2.8 billion to buy Nokia's maps business, beating out high-tech rivals for location services seen as key to the future of self-driving cars.

Germany's three premium carmakers joined forces and will hold equal stakes in the business, known as HERE, clubbing together to keep the assets from falling into the hands of Internet rivals in Silicon Valley or China. REUTERS

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Robert Kiyosaki will not attend this event.

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2

CULTURE

Twitter feed

Today, Ice-T is pretty tired, Rebel Wilson is having a wardrobe malfunction, Rosie O'Donnell can't help herself, Justin Bieber has some surprising opinions and Dana Delany wants private lessons.

@FINALLEVEL: Up at 3am in LA starting this press day..... I'm a f—in Zombie.

@RebelWilson: Is it a sign that your leggings are too tight if they fall down when walking? ...but it's also a sign that they're too big? WTF x

@Rosie: midnight fridge raid ...

@justinbieber: Love jazz

@DanaDelany: I think Colin Farrell needs to come to my house and explain True Detective to me.

It's 'Will and Jada are divorcing' season again

Everything old is new again, including conclusive, concrete proof — from anonymous sources — that Will Smith and Jada Pinkett Smith are totally done as a married couple. Welcome to the latest edition of Celebrity Gossip Deja Vu! "For Will and Jada, holding it together these past few years has been tough because their marriage has been on life support for a long time," a source tells Radar Online. "They're exhausted from trying to maintain the facade of a happy union. They've decided to pull the plug in a carefully choreographed manner [and] agree announcing their split at the end of the summer is the right move." Of course, that's because early August is generally a pretty quiet time, with lots of folks on vacation, and you wouldn't want to blow a big announcement then.

Gwyneth Paltrow consciously uncouples from 'conscious uncoupling'

First Gwyneth Paltrow tries to distance herself from ex-husband Chris Martin by using the term "conscious uncoupling," and now she's trying to distance herself from the term itself, claiming she totally had nothing to do with it being used on her Goop post about the split. Sure, Gwyneth, whatever. "When I announced that I was separating on the website, [Goop editorial director Elise Loehnen] titled the piece 'Conscious Uncoupling,' and I had no idea," she tells Fast Company. But she's totally fine with us making fun of it, even if the criticism freaks out her Goop staff. "When something like that happens, I think everybody is like, 'Oh s—,'" Paltrow says. "I just tell them that I think we are creating interesting discussions." Whatever gets you through, ma'am.

THE WORD

Ned Ehrbar takes on the world of gossip.

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ALL PHOTOS GETTY IMAGES

Jessica Alba burned by sunburnt customers

Customers who have used Jessica Alba's Honest sunscreen are red-hot with rage after the organic product allegedly failed to protect them against the sun's dangerous rays. Unhappy sun-lovers shared photos of their horrific sunburns on social media, as reported by BuzzFeed. One irate customer, A. Hughes, wrote, "My family of five used this sunscreen yesterday, and all five of us are very burnt. You might as well slather yourself in baby oil because this is how well it works!" Another customer, Brandon Atherton, posted a picture of his bald head on Twitter with the caption, "This is my very real result from Honest 30 SPF sunscreen. Only spent one hour outside. Burnt." The Honest Company defended the product in an email to us, saying the sunscreen had been tested and met FDA standards. "The number of complaints received on our own website about our Sunscreen Lotion constitute less than one-half of 1 percent of all units actually sold at Honest.com. We stand behind the safety and efficacy of this product," the statement said. MORGAN ROUSSEAU

Please don't make awkward press tour videos a thing

It looks like that awkward Cara Delevingne interview with "Good Day Sacramento" started a trend, and that's a terrible, terrible thing. Now poor "Fantastic Four" stars Michael B. Jordan and Kate Mara are getting the same treatment, with an obnoxious radio host peppering them with questions about how an African-American guy and Caucasian girl playing brother and sister is weird and how Mara looks hotter with long hair. Stay classy, Rock 100.5's "Southside" Steve Rickman. "Am I missing something? You're white, and you're black. How does this happen?" Rickman asks. And after Jordan dignifies that with a response, Rickman moves in on Mara's locks: "You're way, way hot," he told her. "Why'd you cut the hair? Your hair was beautiful." And then proceeded to not let the topic go — at least until he could tell her he's really into toes. Please stop.

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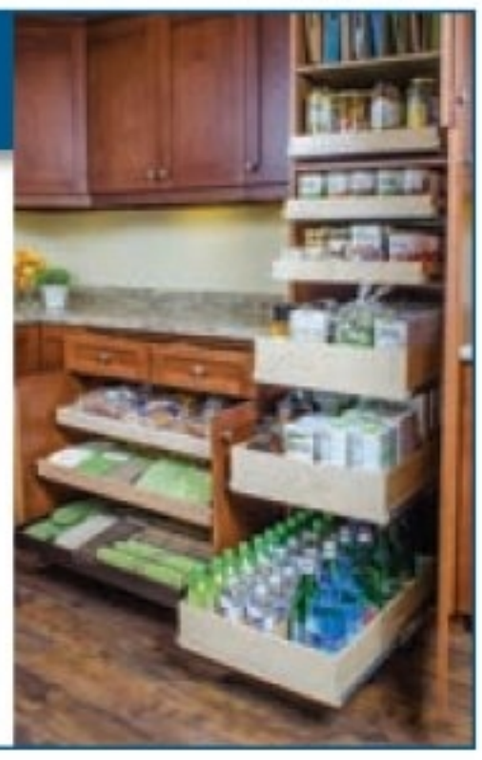

How to find the comedy in friendship

Interview. Sure, you and your BFFs are funny, but Lennon Parham and Jessica St. Clair are so funny, they made a TV show out of it.

"Playing House" returns tonight at 10 p.m. on USA. / MICHAEL YARISH, USA NETWORK

Not everyone can say they get to work with their best friend, but that's one dream Lennon Parham and Jessica St. Clair are getting to live out.

"Both of us felt like, on television, there are so few, if any, real-life best friends depicted. So most of the time, you'll see best friends on TV, and it'll be like one's the slut, one's the nerd, and like, somehow you make it work," says St. Clair.

The duo created and star in "Playing House," which follows a pair of friends, Emma (St. Clair) and Maggie (Parham), who decide to raise a baby together after Maggie catches her husband cheating on her. Season 2 finds them trying to figure out their lives as parents now that the baby has arrived.

Why did you focus on female friendship as a comedy source?

Jessica St. Clair: We really wanted to portray what a realistic best friendship is, which is amazing, and you have each other's back, but also, you're almost as close as a romantic relationship, and you can get in fights.

What makes a Lennon joke versus a Jessica joke?

Lennon Parham: We break the story with our room, which means we figure out the beats and outline it really specifically, and then Jess and I will take the writer of that episode, and if it's us, it's just the two of us in a room, and we act everything out.

Do you both play all the characters?

JSC: Lennon always plays Keegan [Michael Key, who plays St. Clair's high school boyfriend]. … When you see a really romantic scene between Keegan and I, I want you to imagine us in our living room improvising that. Together. It is so awkward. Often the writer is like, "Should I leave the room?"

PARHAM & ST. CLAIR GETTY IMAGES

Real-life inspiration

How does art imitate life on the show?

JSC: We couldn't have done any of it without each other. When Lennon has to be out of the editing room, I have a nervous breakdown. I'm so used to having her there.

LP: Jessica says that Julia Louis-Dreyfus convinced her to have a baby, but I think it's because I had a baby, and she was like, "I'm not doing this alone!"

JSC: Yes. I would have waited forever, but then Lennon did it. And I was like, oh, God. I'm not going to have us have totally different lives. Might as well have a baby. And then it was the best decision that I ever made. But I'll tell you what I did do that was not right. I didn't do any research before I had a baby, and I copied Lennon's birth plan much like you'd copy someone's eighth grade social studies test. So when it came time for me to have an epidural, they were like, it's too late, and also it says on your birth plan: "Don't ask me about an epidural." And I was like, "What psycho would write that?" It was Lennon. So sometimes it backfires on me.

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Interviewing Jesse Eisenberg about interviewing

Q&A. We talk to the "End of the Tour" star about playing both sides of the journalistic fence.

EISENBERG
GETTY IMAGES

Jesse Eisenberg tends to play characters who are shy ("Roger Dodger," "Adventureland") or menacingly passive-aggressive ("The Squid and the Whale," "The Social Network"). In real life, he's definitely the former. During some of our interview, the actor curls up on the couch, his head resting on the arm, quietly but assuredly discussing his role in "The End of the Tour." That film finds him playing the other side of the journalistic fence; based on David Lipsky's "Although of Course You End Up Becoming Yourself," it re-creates the few days the author-journalist spent with the late David Foster Wallace after the release of "Infinite Jest." Eisenberg plays Lipsky to Jason Segel's Wallace, as both confidant and aggressor — a standard relationship during interviews.

One of the main ideas in the film is meeting someone one admires and finding them to be pretty normal.

Normal, or maybe even more specifically not happy with the achievements you think you'd be happy with. You think, "If I could just achieve the success he has, I would be happy." And I see he's still unfulfilled. Not only is he unfulfilled, but he seems almost terrified.

Interviewing is an unnatural form of communication because the interviewer needs to have an angle. And your character is trying to get Wallace to open up about something personal.

It creates a lot of dramatic tension, but it's also an understandable and sympathetic position to be in. My character is also struggling, also has a job to do. And Wallace agreed

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In "The End of the Tour," out Friday, Jesse Eisenberg plays David Lipsky, who turned his experience spending a few days working on a story on David Foster Wallace into the book "Although of Course You End Up Becoming Yourself." / A24

to the interview. When he becomes resistant, my characters tells him, "You agreed to the interview, so you haven't earned the right to become suddenly resistant on your own terms. You knew what the deal is." You can see it from both perspectives. Certainly as an actor being interviewed for things like this, I can see it from both perspectives as well. You try to be forthcoming, so the person writing the story can reasonably and comfortably write something. But you obviously have an allegiance to some kind of self-protection.

Wallace has a line where he says he wishes he could shape the impression your character has of him. Do you feel anxiety in how other people will present you?
Yes, of course. It's unnerving. The best thing to do is not try to micromanage something that's unmanageable, which is how you are perceived by strangers. If you do interviews by virtue of it being part of the job, to promote the movie that they paid you to do, then you try to do as much as you can to protect yourself while still talking enough about the movie and yourself to warrant the interview.

One more thing

Bookworm

I don't want to assume you were a big Wallace fan already, but what was your experience with him?
I read him in college initially, in a nonfiction class. We were reading some of his essays, like from "A Supposedly Fun Thing I'll Never Do Again." Once I was in this movie, I started reading a lot more, obviously. I particularly love his nonfiction, where he writes about aspects of culture and interpersonal dynamics in ways that come at it from unusual angles.

How long did it take you to read "Infinite Jest"?
I started it for this, and it became an impossibility. I needed to set aside a long time, which I didn't have with this movie. So I'm doing it retroactively.

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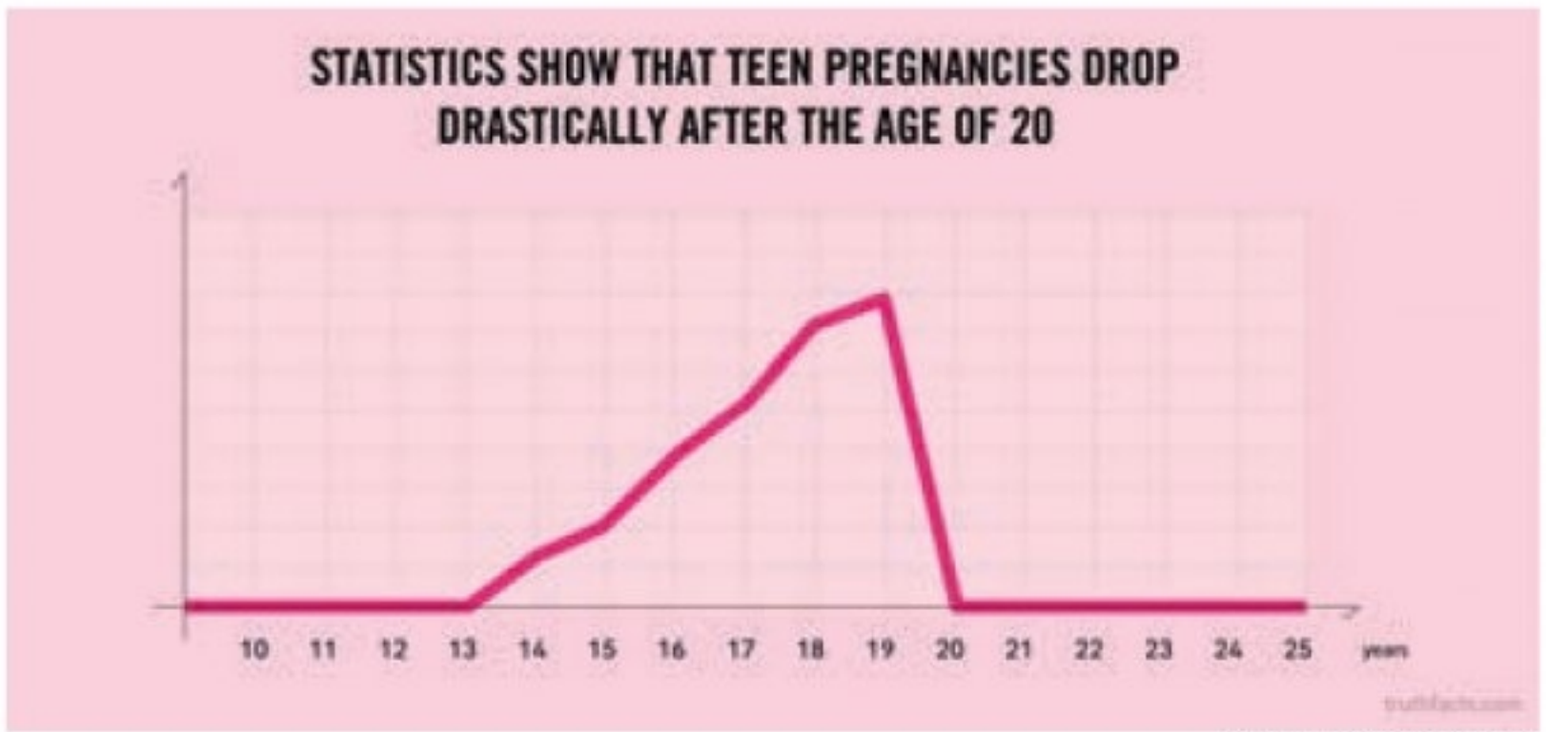
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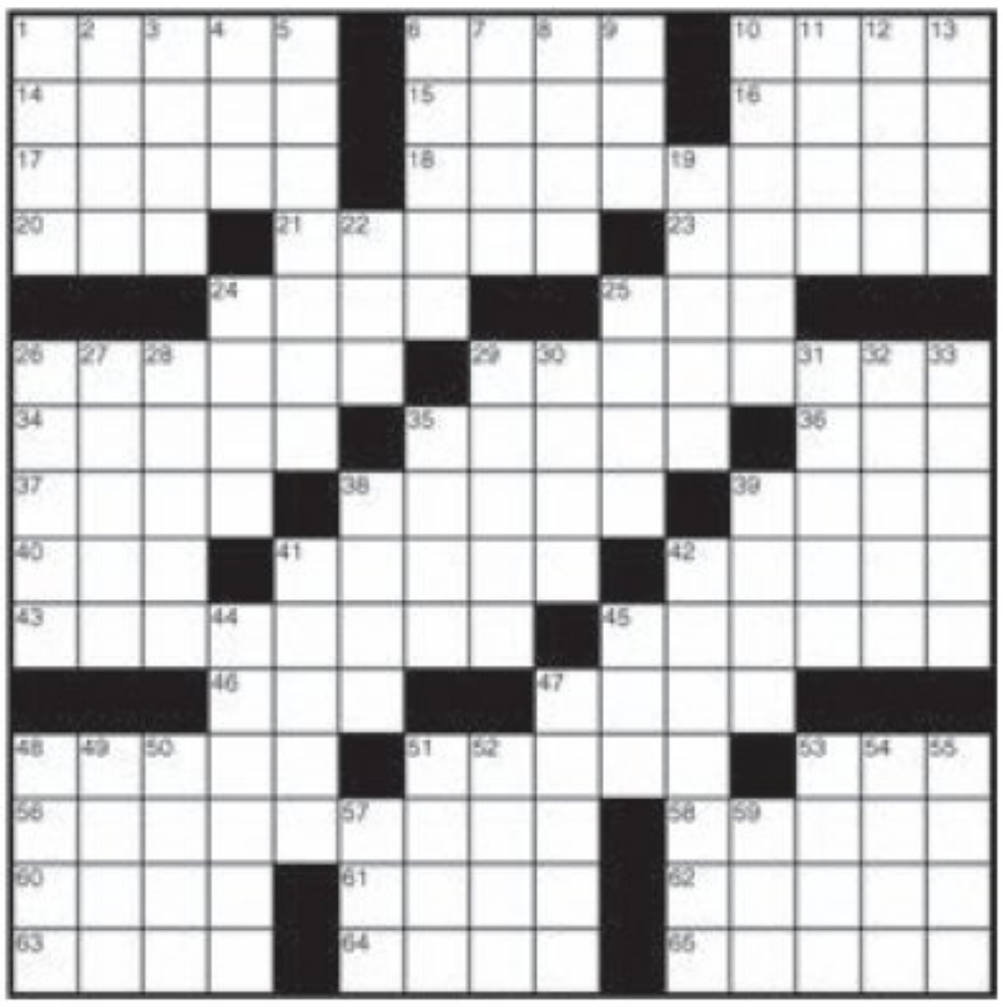

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easy

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/horoscopes

Aries Don't expect others to sing your praises. If you are forthright and progressive and take the lead, you will make others take note.

Taurus No matter how alluring it may be, don't get talked into doing something that has no value or meaning to you. Use good judgment.

Gemini You will be extremely convincing today. Your peers will be glad to participate. A romantic evening will be the perfect ending to your day.

Cancer Your emotions will be difficult to control. Separate yourself from distressing situations and find a relaxing hobby or activity.

Leo Don't make lofty promises. You may feel like taking on the world, but if you renege on a deal, you will lose credibility. Take a journey.

Virgo Before you sign on the dotted line, ask yourself what your motivation is. If you are trying to appease someone else, think twice.

Libra Powerful allies are essential to fulfill one of your dreams. Once people see what you have to offer, they will be eager to come on board.

Scorpio Someone you considered trustworthy will disappoint you. By expressing your ideas to superiors, you won't be overlooked.

Sagittarius Love connections can be made. Do your best to use your energy wisely. An old idea will bring revolutionary results.

Capricorn Don't expect to get immediate agreement with your recommendations. Make sure that the information you offer is from a reliable source.

Aquarius Communication is key. You will inspire confidence in others if you are confident yourself. Put your best foot forward.

Pisces Offer to go the extra mile and make a good impression. If you leave it up to someone else, you will give up a chance to advance. EUGENIA LAST

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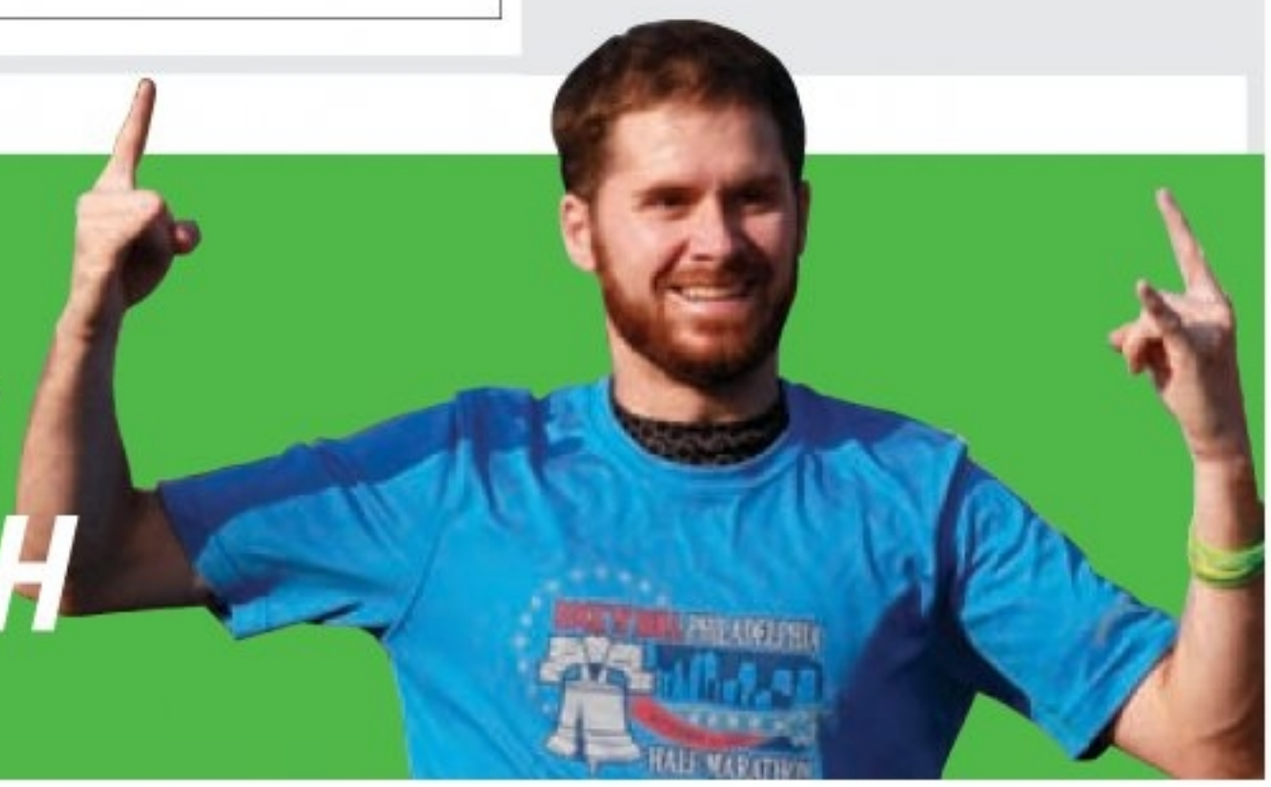

Reconnect with your partner
When it comes to taking things for granted, no one's lower on the list than the person right next to you. Stepping out of your usual routine is already a great start — it doesn't matter whose turn it is to take out the trash in a hotel room. Mix in some activities you'll both enjoy, and you'll remember why you chose to share custody of the remote control with this person. The key is to do things as a couple, sharing experiences (preferably something new) that you can bond over, whether relaxing together or challenging yourselves — though if you're on shaky ground, keep it low stress.

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MAKE HEALTHY YOUR NEW HAPPY

You'll be happier, healthier and more productive — so get out of the office already!

Five reasons why you should take a vacation

EVA KIS
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eva.kis@metro.us

It's the beginning of August, and most of the world has left not just their offices or even their cities but their countries for weeks, even the whole month, for vacation. When they come back, they're more productive, feel better and are physically healthier. Consider this your doctor's note and start making plans.

Reboot your brain

One sure sign you need a vacation: catching yourself wondering how it's the end of the week already every Friday morning. Routine literally lulls the brain to sleep; time feels like it's passing quickly simply because you're not paying attention to anything. But when you're about to take a cruise for the first time or zipline through a jungle in South America, it's all hands on deck as your mind tries to process all the new information flooding in. The richness of your experiences is what's actually making time feel like it's passing more slowly. This is just one way your brain gets rebooted when you take it out of cruise control — and maybe, your perspective on daily life will be refreshed, too.

Natural high

You don't have to commit to hiking for miles to feel better outdoors. Scientists aren't sure why, but we really do feel different when we get out among the trees or into the mountains. There's the biophilia hypothesis, otherwise known as conventional wisdom: Our bodies are simply responding to being useful again in our natural habitat (you know, not behind a desk). It could just be getting more sunshine into our vitamin D-deprived bodies. Whatever it is, nature works, even in doses as small as 24 hours: Participants in a University of Michigan study felt happier, had lower levels of the stress hormone cortisol and were better able to focus. Speaking of stress, for best results, go someplace where the Internet doesn't reach so you won't be tempted to sneak in a few work emails before breakfast.

Awe's role in health

When's the last time you felt awe? We're talking bucket list stuff: the Northern Lights or a sunset from a paddleboard in Maui. A study published in February by the University of California, Berkeley, found that feeling awe boosts your health by fighting inflammation. Communing with overwhelming sights that leave us speechless lowers the level of cytokines in our bodies, calming our immune system and staving off depression.

Buy happiness

That "money can't buy happiness" adage has one big caveat. When you invest in an experience, the good feelings begin well before you set out, Cornell researchers found. The anticipation before a trip is a great series of mood-boosters. Trips fill our need to express and indulge an aspect of our identity, and the satisfaction from talking about them lasts for years.

Hahnemann University Hospital Welcomes

Dr. Wade Fischer

Hahnemann University Hospital is pleased to announce the addition of Wade L. Fischer, MD, FACS where he joins the Department of Cardiothoracic Surgery as the Surgical Director of Heart Transplant and Mechanical Circulatory Support.

Dr. Fischer has been performing heart transplants for more than 15 years, and has extensive experience in mechanical surgical support and ventricular assist devices.

In addition to conventional cardiac surgery and heart transplantation, Dr. Fischer has experience with the management of ECMO for both respiratory failure and cardiogenic shock.

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Make a running date with your therapist

The man behind Dynamic Running Therapy tells us why your next session should be done on the run.

ELODIE NOEL, MWN
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letters@metro.us

You might be surprised how deep a conversation can get while your brain is distracted by running. ISTOCK

A new fitness "movement," which started in London, is gaining momentum among those seeking more holistic mental health counseling. Dynamic Running Therapy (DRT), developed by British psychotherapist William Pullen, targets stress, anxiety, depression, addictions and trauma by linking both body and mind through on-the-move sessions.

Pullen, 47, tells us it was a personal experience that led him to develop his new practice.

"I was running with a friend of mine, who is going through a divorce, and I also had some personal issues, when I realized how easily it made us talk," says Pullen. "I noticed how it empowered me and made me feel like I was confronting things that I didn't have much control over."

The technique was demonstrated in the 2013 documentary "The Runners," in which filmmakers Matan Rochlitz and Ivo Gormley approached runners to try and talk to them. The first thing you notice is how deep a conversation they easily start: talking about their views on marriage, family issues and even the most negative aspects of their lives.

Emotion in motion

Far from being breathily shrugged off by irritated runners, 80 percent of those approached agreed to chat. "Running is like a meditation — it centers you," Rochlitz says.

"It also releases endorphins, which make you feel powerful and, in a sense, less vulnerable," he continues. "I also believe that, in life, we use our bodies to help keep our guard up."

When their bodies are not otherwise engaged, people may cross their arms, step back or otherwise physically close themselves off to a conversation, or even outright lie. "But if you're running and your body is busy, it's harder to bulls—!" Rochlitz notes.

Reconnecting your mind and body is key

Pullen, who charges about $230 for a 50-minute session, begins with the patient in a park, where they sit and take stock of where they are and what's going on, in every sense.

"We do a check-in of the physical body, emotional body and the environment — smelling, touching and feeling," he says. "Then we take off, led by the thought the client wants to focus on. We walk, sit, run with it and into it, and in that way, we find ourselves able to tap into the unconscious."

You don't need to be a marathoner to enjoy the benefits

"Once you get outside, I think there is an inclination for the topic to run deeper and to be more detailed. As long as you can walk, or even just get into the park and sit on a bench, I think there is still value in being outside," says Pullen.

Being outdoors can also help calm some anxious people, who may be intimidated by an office setting, he says.

If his client has just experienced something traumatic, like a divorce, running can help the person gain back some self-esteem.

"If you have an opportunity to go out and feel vital, when the rest of the time you feel like you've been involved in a failure, it can be a great relief," Pullen concludes.

Key points of DRT

Follow these points for a successful session:

- The emphasis is on listening, not discussing. Questions are fine and useful; however, opinions are less so.
- Don't feel the need to fill any silent moments.
- Take your time and be gentle and patient with yourself.
- Notice how your body and your feelings interact; DRT is holistic.
- Allow time to calm down physically and emotionally at the end.

Recipe

Sweet heat Sriracha jerky

Jerky has come a long way since we started snapping into Slim Jims. What began as a novelty snack has become the darling of the Paleo world — minus the preservatives, MSG and artificial flavors, of course.

The best part is that all the bad ingredients that came out can be replaced with healthier, flavorful alternatives for a next-level snack that's low in calories but packed with protein. We checked out Pamela Braun's new book, "Jerky Everything" (out now) for a few ideas and had our minds blown by the variety of dried treats now at our fingertips.

The book's subtitle isn't "Foolproof and Flavorful Recipes for Beef, Pork, Poultry, Game, Fish, Fruit, and Even Vegetables" for nothing. Since it's so delish right off the grill, pineapple jerky is officially on our list of summer food experiments.

You don't even need to buy a dehydrator; for drying jerky, a gas, electric or convection oven will work just fine. Preheat to 200° F and place the meat or fruit strips on a cooling rack set on a baking sheet to better circulate air. Convection ovens take about 90 minutes; for gas or electric, start checking at 2.5 hours.

Jerky is ready when it looks dry but bends without snapping. If it does break, that means it's too dried out — just stick it back into a new marinade and dry it again.

Among the over 120 recipes, there was definitely one that caught our attention. Sriracha sounds like just the spicy-sweet summery touch to elevate our on-the-go snack game.

"You'll be pleasantly surprised that the heat from the sauce kind of disappears in this recipe, so even if you don't do spicy, you can eat this jerky," Braun writes. "If you want to add some heat to this, toss in some red pepper flakes. The flavor will blend better than if you added another type of hot sauce."

We know what we're taking for that weekend Adirondacks hike.

COUNTRYMAN PRESS

Ingredients:

- ½ cup unseasoned rice vinegar
- ⅓ cup + 2 tbsp. Sriracha sauce
- ¼ cup brown sugar
- 2 tsp. granulated ginger
- 1 tsp. granulated garlic
- 1 tsp. salt
- 1 pound London broil strips

Directions:

In a one-gallon resealable plastic freezer bag, thoroughly mix together all the ingredients except the meat, then allow the mixture to rest for 10 minutes.

Add the meat strips to the marinade and mix them around so they get completely coated with the marinade.

Remove as much air as possible from the bag, seal and place it in the refrigerator for 8 to 24 hours.

During the marinating time, remove the bag from the refrigerator a few times and work the meat around so the marinade is fully incorporated into it.

Remove the strips from the marinade and arrange in a single layer for drying. Store in an airtight container.

3

SPORTS

Welcome back

Rollins returns Tuesday

The Phillies' all-time hits leader Jimmy Rollins will make his return to Citizens Bank Park Tuesday at 7 p.m. as the Dodgers come to town for a three-game set against the Phillies. The Phillies are 12-3 in 15 games since the all-star break.

MACNOW: KELLY'S NOT RACIST, HE'S JUST A TOUGH NUT

Nothing in Chip Kelly's words or actions suggests he's a racist. And yet, Brandon Boykin became the third former Eagle (joining LeSean McCoy and assistant coach Tra Thomas) to imply as much — a slanderous charge that Boykin tried to walk back the next day.

What makes Kelly tough for some players to deal with is his insistence on total compliance. You either fully buy into his program, or you get exiled, like Evan Mathis or Cary Williams. That means embracing full-speed practices on Saturdays, daily urine tests during camp and no second-guessing the coach — especially to the media.

McCoy took some of that as a questioning of his manhood. Boykin, wrestling with words Sunday to clarify earlier statements, said he couldn't "relate to" Kelly. Meanwhile, key players on the team — like Connor Barwin and Jason Peters — seem to be true believers.

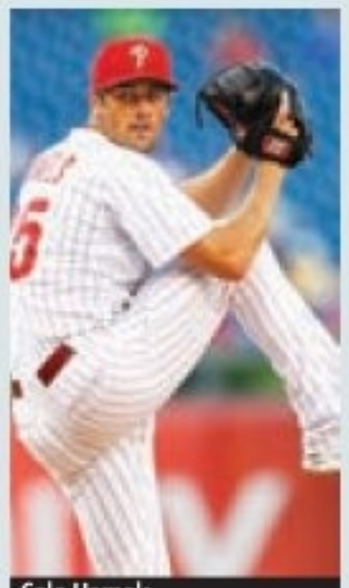
What's obvious is that many of the players left behind by nice guy Andy Reid have had a tough time with Kelly's "culture," which is why we're down to 13 guys who played for Big Red still on the team.

Chip's no racist. But he's a hard-ass. A whole lot of NFL players wouldn't — or couldn't — play for him. His trick is finding 53 who can.

THE SPORTS PROFESSOR
GLEN MACNOW
@RealGlenMacnow

Macnow on the Phillies

Hamels trade was the right move



Cole Hamels
ALL PHOTOS GETTY IMAGES

Much as it hurts this Cole Hamels fan, I agree it was in the Phillies' interest to trade him. And I'm hopeful the haul of prospects they got from Texas might pan out. But one aspect of the trade bugs me.

The Phils sent Texas an extra $9.5 million to offset a fraction of the $82 million due Hamels through 2018. And they took back Matt Harrison in the trade. Harrison is owed $35 million through 2017 but has pitched just nine games in the past three years because of a chronically bad back. He flew to Philadelphia and immediately went on the DL, presumably through the end of the season.

So, essentially, the Phils ponied up $44.5 million to part with Hamels. Maybe that spurred the Rangers to part with better prospects (although, notably, none of their top three). But it certainly could have been used in the coming offseason to sign a free agent, overhaul scouting and development or land an up-and-coming Cuban exile.

Oh, and this: I've got this hunch that Ruben Amaro is coming back as general manager next season. Sorry if that last sentence caused you to spit coffee through your nose. **GLEN MACNOW**

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Eagles excited for open practice

NFL. The Birds have their first padded practice Tuesday at the Linc.

After months of working hard in the gym, practicing with teammates and putting in the hard offseason work that is required of NFL players to be great, the Eagles will finally hear some cheering Tuesday, for the first time in quite a while.

In an open practice (free to the public) at Lincoln Financial Field, the Birds will put on their pads for the first time and try to impress their fans Tuesday afternoon (at noon).

Malcolm Jenkins / GETTY IMAGES

"Obviously the intensity goes up a little bit," Malcolm Jenkins said of the first of two open practices.

"Tomorrow, we'll have some fans out there. Guys don't wanna get embarrassed. They wanna show off a little bit. But at the end of the day … it's real football when you put the pads on for the first time. You want to feel that."

For some, there is that anticipation, but for others, a little nervousness.

DeMeco Ryans hasn't worn pads since his midseason injury last year. He'll be putting his recovering ankle to the test.

"I haven't put [pads] on for a long time so it will be a little uneasy," Ryans said. "But I think I need that to get myself that confidence again, knowing that I'm ready."

EVAN MACY
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NFL. Davis says Kelly's relationship with his players 'outstanding'

Chip Kelly says he is unsure why Boykin took jabs. / GETTY IMAGES

It seems a bit odd. Every time someone is traded away or cut from the Eagles, the debate heats up over whether Chip Kelly understands his players. Or over whether he is racist.

But if you ask anyone still in the organization, starting with his right-hand man — defensive coordinator Billy Davis — they'll tell you there is no one better.

"It's outstanding," Davis said when asked about his relationship with the Eagles' players. "And I say that with all sincerity. He has one of the most open-door policies of any of the guys I've been around. It's being portrayed differently outside than it is inside."

The comments were spurred on after Brandon Boykin told a reporter after being traded to the Steelers that Chip Kelly has "trouble relating with players of our culture."

But time and time again, those in green, black and white insist that this coach does get along with everyone — and encourages camaraderie.

"I can just answer from my view, of being in 10 different organizations with different coaches, schemes and systems," Davis continued. "I am telling you from the bottom of my heart, this is a great place for players."

Quoted

"Boykin gave us quality starting reps, but the guys behind him who would replace him are close enough." Billy Davis

Davis is adamant that the Birds not only take good care of their players, but Kelly's cutting-edge approach to sports science is yet another service provided for the young men making a living playing a dangerous sport.

"We do more for players than anywhere around, for their conditioning, their body, their health, their mental health, growth to become a man. Just ask the players how much time we spend on their mindset, their mood, their hydration, how their bodies are feeling."

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A fan-favorite Phillies alum, Greg Luzinski knows how it feels to play during leaner times. / GETTY IMAGES

Trading away ace is nothing new for Phillies franchise

MLB. Paul Byrd and Greg Luzinski know what it's like to play for a last-place team.

Quoted

"They're passionate. In my opinion, this is a tough city. But when you're winning, there's no better place to be."

Paul Byrd on playing for the Phillies.

Paul Byrd knows firsthand what it's like when the Phillies trade their ace — and the message it sends to the other players.

It may be necessary, but it's not something they want to hear.

"It was very difficult and frustrating," recalled Byrd, an all-star right-hander with a funky delivery for the 1999 Phils, who saw things quickly unravel the following season. "Really sad, because we were playing really well the year before, and then things started to go downhill. I remember when Ed Wade traded Curt Schilling. He said there wasn't another Curt Schilling to get back so instead we were getting four really good players [Omar Daal, Travis Lee, Vicente Padilla and Nelson Figueroa]," Byrd said.

"Curt was loud and was gonna tell you what he thought. He was one of our leaders because he had been there through the postseason. But we lost that type of guy and didn't get back another No. 1 dominant starter."

Those Schilling-less Phillies went 65-97 in 2000 then gradually began to ascend though they didn't really take off until the new ace, a kid named Cole Hamels, came to town. Now Hamels is gone, which again may have been necessary for the Phils to move forward.

But that doesn't make it any easier on the teammates he leaves behind.

"It says to the players, 'We have to take the necessary steps to do it all over again,'" explained the 44-year-old Byrd. "Even though this is painful, that's what had to happen. When I think of the Phillies, I think of Cole Hamels and Jimmy Rollins and guys like that. So it hurts. But you've got to take the necessary steps to rebuild your team. As fans, you have to fall in love with the new guys and the way they play the game. And if they don't play the right way, Phillies fans will let them know it."

That was never an issue with Byrd, who quickly became enamored with the fans here.

"Philadelphia is near and dear to my heart," said Byrd, who feels Ruben Amaro Jr. is getting a bum rap and deserves a chance to see this rebuild through. "The game I beat Randy Johnson [a 4-0 shutout in '98], they played the theme from 'Rocky' over the speakers, and I fell in love with Philly. I felt like I was one of them. I was a blue-collar pitcher. I had to work hard to survive. I always had a connection with the fans."

So does "The Bull," Greg Luzinski, first as a player, where he patrolled left field for nine seasons and clubbed 223 homers, helping lead them to their first World Championship in 1980, now as the frontman for "Bull's Barbecue." But Luzinski says it wasn't always such fun coming to the Vet, especially when he started out.

"I played for a last-place team," he recalled of the disastrous 59-97 campaign under Frank Lucchesi and Paul Owens in 1972. "Steve Carlton won 27 games, and we were still last. We actually had a rebuild program, but ours was through the minor leagues. We had [Larry] Bowa, Boonie [Bob Boone] and myself, plus Schmitty [Mike Schmidt]. We filled in with a few players, like [Garry] Maddox and [Bake] McBride. Obviously, we won in '80, but then I went to Chicago [White Sox], which kind of rejuvenated me at 30. Bowa went to the Cubs. All the guys left except Schmitty.

"Now it's a little different here. They went with their players too long."

Which is why Cole Hamels is in Texas today, leaving the scalding-hot-since-the-all-star-break Phillies without an ace. Byrd says if the fans can be patient — never their strong suit — they may eventually be rewarded.

A number of former Phillies celebrating their past would agree. They can only hope the Phillies of the future give those loyal fans something to celebrate, too.

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